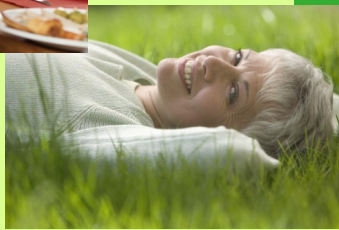


# Diabetes Self-Management Workshop

A FREE SIX WEEK PROGRAM TO HELP YOU LEARN TO  
LIVE A HEALTHY LIFE WITH DIABETES



FREE!!! Every Friday for 6 weeks FREE!!!

April 19, through May 24, 2013

10 a.m.—12:30 p.m. (2.5 hrs each Fri.)

PT. COUPEE HOMEBOUND

HEALTH & HOSPICE

350 Hospital Road, New Roads, LA 70760

\$15.50 Book Deposit- Return book and get a refund !

CALL TODAY — (225) 384 - 9575

\* Class Size is Limited \*

PT. Coupee Community Health Connections  
(PCCHCP)

The *“Your Life, Your Health”* Diabetes Self-Management Program  
was developed by Stanford University to help you or someone you know

- Manage symptoms including fatigue and depression
- Use relaxation techniques
- Eat healthy
- Improve your communication skills
- Use medication effectively
- Monitor your blood sugar
- Solve problems and set goals
- Increase your self-confidence
- Feel better and take charge!

Sponsored by



Take **CONTROL** of your diabetes!

Want to REGISTER — Got a QUESTION — Need INFORMATION:

CALL PCCHCP at (225) 384-9575

A Capital Area Human Services District & PT. Coupee Health Services District Partnership